



# NUTRITIONAL INFORMATION GUIDE

## FROZEN TREATS FOR EVERY TASTE

Each flavor is carefully crafted with quality ingredients—such as Grade A milk, fruit and millions of Live & Active Cultures.

## HOW'S YOGURT MADE?

Grade A dairy is combined with special yogurt cultures in a process that creates an ideal environment for Live & Active Cultures to grow. Fruit, flavors and other yummy ingredients are added to bring the yogurts to life.



## WHAT'S SO GREAT ABOUT LIVE & ACTIVE CULTURES?



Active yogurt cultures are living organisms that help turn milk into yogurt.



Yogurt boasts 100 million cultures per gram or 10X the requirement to bear the seal.



Live & Active Cultures help decrease the lactose content of yogurt, which may help some lactose-intolerant people enjoy yogurt with fewer associated symptoms.

## PRODUCT NUTRITIONAL FACTS:

For nutritional, allergen & ingredient information, visit [www.yocream.com](http://www.yocream.com)



Kosher Certified\*\*



Certified



Gluten-Free \*\*\*

\*Meets International Dairy Foods Association Criteria for Live and Active Cultures Frozen Yogurt

\*\*Meets the National Yogurt Association Criteria for Live and Active Culture Frozen Yogurt. LAC Seal not valid for the Plant Based, Ice Cream, Sorbet, Gelato, and Custard product lines.

\*\*\*OU-D applies to sealed containers only and NOT FOR ANY RETAIL ESTABLISHMENTS.

\*\*\*All Dannon® YoCream® varieties are certified Gluten-Free except for Cookies 'n Cream, and Creamy Mint Cookie.

DANNON®

YO CREAM®

For complete, up-to-date nutritional, allergen & ingredient information, visit [www.yocream.com](http://www.yocream.com)

## PRODUCTS CONTAINING ALLERGENS:

Item #	Description	Allergen
92088	Cake Batter	M,E
80043	Cinnamon Honey	M,E
92163	Cookies n' Cream	M,E,W
92137	Creamy Mint Cookie	M,E,W
92081	Dulce de Leche	M,E
92118	Eggnog	M,E
92154	Fancy French Vanilla	M,E
92063	French Vanilla	M,E
80011	Fudge Brownie Batter	M,E
92145	Irish Mint	M,E
92147	New York Cheesecake	M,E
92072	Peanut Butter	M,P
92089	Red Velvet Cake	M,E
80013	Salted Caramel Corn	M,E
80041	Salted Caramel Pretzel	M,E
80047	Silk® Almondmilk Chocolate	TN (Almond)
80046	Silk® Almondmilk Vanilla	TN (Almond)
80021	Strawberry Shortcake	M,E
92074	Sweet Coconut	M,TN (Coconut)
80007	Toasted Marshmallow	M,E
91010	Vanilla Custard	M,E
92087	White Vanilla	M,E
Misc	All other frozen yogurts, ice cream & gelato flavors	M

## ALLERGEN NOTES:

**ALLERGEN KEY:** Milk (M), Egg (E),  
Peanut (P), Tree Nuts (TN), Wheat (W).

Produced in a facility that processes milk,  
eggs, peanuts, tree nuts and wheat.

## NUTRITIONAL INFO

All nutritional information is based on a 2/3 cup (110g) serving. Percent Daily values are based on a 2,000 calorie diet.

N&A Flavored = Naturally & Artificially Flavored

		Serving Size (cup)	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Sugar Alcohols (g)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)	Allergens
<b>NONFAT FROZEN YOGURT*</b>																				
N & A Flavored	Alpine Vanilla 92115	2/3	110	130	0	0	0	5	100	29	0	24	16	0	3	0	10	0	6	M
Flavored	Apple Pie 92140	2/3	110	130	0	0	0	5	95	29	0	24	16	0	3	0	10	0	6	M
N & A Flavored	Cable Car Chocolate 92114	2/3	110	130	0	0	0	0	65	29	0	23	17	0	4	0	10	6	8	M
N & A Flavored	Cappuccino 92152	2/3	110	130	0	0	0	5	95	28	0	23	15	0	4	0	10	0	6	M
N & A Flavored	Chocolate Classic 92124	2/3	110	140	0	0	0	5	90	32	0	27	17	0	4	0	10	6	8	M
Flavored	Cotton Candy 80016	2/3	110	130	0	0	0	5	100	29	0	24	16	0	3	0	10	0	6	M
N & A Flavored	Country Vanilla 92123	2/3	110	130	0	0	0	5	100	29	0	24	16	0	3	0	10	0	6	M
Flavored	Georgia Peach 92125	2/3	110	130	0	0	0	5	95	30	0	25	17	0	3	0	10	0	6	M
N & A Flavored	Graham Cracker 80019	2/3	110	130	0	0	0	5	95	29	0	24	15	0	3	0	10	0	6	M
Flavored	Hawaiian Pineapple 92134	2/3	110	130	0	0	0	5	95	28	0	23	15	0	3	0	10	0	6	M
Flavored	Island Banana 92132	2/3	110	130	0	0	0	5	90	29	0	24	16	0	3	0	10	0	6	M
Flavored	Mountain Blackberry 92130	2/3	110	130	0	0	0	5	95	29	0	24	17	0	3	0	10	0	6	M
Flavored	Orchard Cherry 92141	2/3	110	130	0	0	0	5	95	30	0	25	17	0	3	0	10	0	6	M
N & A Flavored	Pecan Praline 92146	2/3	110	130	0	0	0	5	95	30	0	25	17	0	3	0	10	0	6	M
Flavored	Peppermint Stick 92111	2/3	110	130	0	0	0	5	100	30	0	24	16	0	3	0	10	0	6	M
N & A Flavored	Pistachio 92120	2/3	110	130	0	0	0	5	100	30	0	24	16	0	3	0	10	0	6	M
Flavored	Plain 92157	2/3	110	130	0	0	0	5	95	28	0	24	15	0	3	0	10	0	6	M
Flavored	Pumpkin 92119	2/3	110	140	0	0	0	5	95	30	0	24	16	0	3	0	10	0	6	M
N & A Flavored	Rootbeer Float 92116	2/3	110	130	0	0	0	5	100	29	0	24	16	0	3	0	10	0	6	M
N & A Flavored	Toasted Marshmallow 80007	2/3	110	130	0	0	0	5	70	29	0	25	18	0	3	0	10	0	4	M,E
Flavored	Very Raspberry 92129	2/3	110	130	0	0	0	5	95	28	0	24	16	0	3	0	10	0	6	M
Flavored	Very Strawberry 92131	2/3	110	130	0	0	0	5	95	29	0	25	17	0	3	0	10	0	6	M
Flavored	White Chocolate Mousse 80009	2/3	110	140	0	0	0	5	95	30	0	25	17	0	3	0	10	0	6	M

### NF Alpine Vanilla

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Corn Syrup, Pasteurized and Cultured Non Fat Milk, Whey, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Non Fat Dry Milk, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.

### NF Apple Pie

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Spiced Apple Base (Water, Sugar, Apple Juice Concentrate, Modified Food Starch, Natural Flavor, Cinnamon, Citric Acid, Nutmeg), Whey, Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Caramel Color, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.

### NF Cable Car Chocolate

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Cocoa (Processed with Alkali), Whey, Contains Less Than 1% Of Non Fat Dry Milk, Cocoa (Processed with Alkali), Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Modified Food Starch, Pectin, Natural and Artificial Flavors. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.

### NF Cappuccino

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Cappuccino Base (Water, Colombian Spray Dried Coffee, Cocoa (Processed with Alkali), Natural Flavor, Locust Bean Gum, Artificial Flavor, Cinnamon), Contains Less Than 1% Of Natural Flavor, Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.

### NF Chocolate Classic

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Corn Syrup, Pasteurized and Cultured Non Fat Milk, Whey, Cocoa (Processed with Alkali), Contains Less Than 1% of Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Nonfat Dry Milk, Natural and Artificial Flavors, Modified Food Starch, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.

## NF Cotton Candy

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural Flavor, Blue #1, Modified Food Starch, Carrageenan, Pectin, Sucralose. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk.

## NF Country Vanilla

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Corn Syrup, Pasteurized and Cultured Non Fat Milk, Whey, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Non Fat Dry Milk, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin, Annatto Extract (For Color). Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk.

## NF Georgia Peach

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Peach Base (Sugar, Peaches, Peach Puree Concentrate, Water, Natural Flavor, Citric Acid, Annatto Extract (For Color), Locust Bean Gum, Turmeric (For Color), Red #40, Blue #1), Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk.

## NF Graham Cracker

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Natural and Artificial Flavors, Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Caramel Color, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk.

## NF Hawaiian Pineapple

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Pineapple Base (Water, Pineapple Juice Concentrate, Natural Flavor, Fructose, Citric Acid, Modified Food Starch, Sugar, Sodium Citrate, Turmeric (For Color)), Whey, Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk.

## NF Island Banana

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Banana Base (Banana, Water, Sugar, Modified Food Starch, Fruit Juice (For Color), Citric Acid, Turmeric (For Color)), Corn Syrup, Whey, Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural Flavor, Annatto Extract (For Color), Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk.

## NF Mountain Blackberry

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Blackberry Base (Sugar, Water, Natural Flavor, Citric Acid, Blackberry Puree, Blackberries, Modified Food Starch, Red #40, Blue #1), Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk.

## NF Orchard Cherry

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Cherry Base (Sugar, Water, Cherries, Natural Flavor, Citric Acid, Plum Juice Concentrate, Elderberry Juice Concentrate, Modified Food Starch, Red #40, Blue #1), Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk.

## NF Pecan Praline

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Pecan Praline Base (Water, Brown Sugar, Caramel Color, Natural and Artificial Flavor, Fruit Juice (For Color), Modified Food Starch), Whey, Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural Flavor, Modified Food Starch, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural Flavor, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk.

## NF Peppermint Stick

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Corn Syrup, Whey, Pasteurized and Cultured Non Fat Milk, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Non Fat Dry Milk, Natural Flavor, Red #40, Red #3, Blue #1, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk.

## NF Pistachio

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Corn Syrup, Whey, Pasteurized and Cultured Non Fat Milk, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Non Fat Dry Milk, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk.

## NF Plain

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk.

## NF Pumpkin

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pumpkin Base (Corn Syrup, Pumpkin, Water, Sugar, Modified Food Starch, Cinnamon, Citric Acid, Salt, Ground Cloves, Yellow #6, Nutmeg, Natural Flavor, Ginger), Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk.

## NF Rootbeer Float

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Corn Syrup, Whey, Pasteurized and Cultured Non Fat Milk, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Non Fat Dry Milk, Caramel Color, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk.

## NF Toasted Marshmallow

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Toasted Marshmallow Syrup (Corn Syrup, Sugar, Water, Egg Whites, Caramelized Sugar Syrup, Natural & Artificial Flavors, Xanthan Gum, Lactic Acid, Salt), Contains Less Than 1% Of Non Fat Dry Milk, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Natural Flavors, Caramel Color, Modified Food Starch, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk, Egg.

## NF Very Raspberry

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Raspberry Base (Water, Sugar, Natural Flavor, Citric Acid, Raspberries, Modified Food Starch, Elderberry Juice Concentrate, Red #3, Red #40, Blue #1), Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk.

## NF Very Strawberry

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Strawberry Base (Strawberries, Sugar, Water, Natural Flavor, Citric Acid, Modified Food Starch, Red #3, Red #40, Blue #1), Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin, Red #40, Red #3, Blue #1. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk.

## NF White Chocolate Mousse

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, White Chocolate Mousse Base (Corn Syrup, Water, Sugar, Natural Flavor, Modified Food Starch, Annatto Extract (For Color), Turmeric (For Color)), Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk.

## NUTRITIONAL INFO

All nutritional information is based on a 2/3 cup (110g) serving. Percent Daily values are based on a 2,000 calorie diet.

N&A Flavored = Naturally & Artificially Flavored

		Serving Size (cup)	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Sugar Alcohols (g)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)	Allergens
<b>TART FROZEN YOGURT*</b>																				
Flavored	EuroTart® 92166	2/3	110	110	0	0	0	0	40	26	0	19	15	0	3	0	8	0	2	M
Flavored	Original Tart® 92162	2/3	110	120	0	0	0	5	85	27	0	21	13	0	4	0	15	0	6	M
Flavored	Original Tart® Pomegranate Raspberry 92172	2/3	110	150	0	0	0	5	85	32	0	27	19	0	4	0	10	0	6	M
Flavored	Simply Tart 92174	2/3	110	130	0	0	0	5	70	28	0	22	14	0	4	6	10	0	4	M

### NF Euro Tart®

INGREDIENTS: Pasteurized Non Fat Milk, Water, Liquid Sugar (Sugar, Water), Corn Syrup, Non Fat Dry Milk, Yogurt Powder (Nonfat Dry Milk, Nonfat Yogurt Powder (Skim Milk, Culture), Natural Flavor, Citric Acid), Contains Less Than 1% Of Natural Flavor, Citric Acid, Lemon Juice Concentrate, Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.

### NF Original Tart®

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, Whey, Nonfat Dry Milk, Contains Less Than 1% Of Lemon Juice Concentrate, Citric Acid, Food Starch, Carrageenan, Pectin, Natural Flavor. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.

### NF Original Tart® Pomegranate Raspberry

INGREDIENTS: Pasteurized and Cultured Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized Non Fat Milk, Pomegranate Raspberry Base (Water, Sugar, Plum Juice Concentrate, Natural Flavor, Citric Acid, Pomegranate Juice Concentrate, Raspberries, Fruit and Vegetable Juice (For Color), Apple Juice Concentrate, Pineapple Juice Concentrate), Corn Syrup, Whey, Non Fat Dry Milk, Contains Less Than 1% Of Food Starch, Carrageenan, Pectin, Natural Flavor, Fruit and Vegetable Juice (For Color). Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.

### NF Simply Tart

INGREDIENTS: Pasteurized and Cultured Non Fat Milk, Liquid Sugar (Sugar, Water), Water, Corn Syrup, Pasteurized Sweet Cream Buttermilk, Pasteurized Non Fat Milk, Non Fat Dry Milk, Whey, Yogurt Powder (Nonfat Dry Milk, Nonfat Yogurt Powder (Skim Milk, Culture), Natural Flavors, Citric Acid), Contains Less Than 1% Of Food Starch, Carrageenan, Pectin, Citric Acid, Lemon Juice, Concentrate, Natural Flavor. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.



## NUTRITIONAL INFO

All nutritional information is based on a 2/3 cup (110g) serving. Percent Daily values are based on a 2,000 calorie diet.

N&A Flavored = Naturally & Artificially Flavored

### LOW FAT FROZEN YOGURT\*

		Serving Size (cup)	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Sugar Alcohols (g)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)	Allergens
N & A Flavored	Cake Batter 92088	2/3	110	140	2	1	0	20	70	27	0	23	17	0	4	0	10	0	4	M,E
N & A Flavored	Chocolate Caramel Turtle 80015	2/3	110	160	2	1.5	0	10	115	33	0	26	16	0	3	0	10	0	6	M
N & A Flavored	Cookies n' Cream 92163	2/3	110	150	0.5	0	0	5	105	32	0	24	16	0	4	0	10	0	6	M,E,W
N & A Flavored	Creamy Mint Cookie 92137	2/3	110	140	0.5	0	0	5	100	32	0	24	15	0	4	0	10	0	6	M,E,W
Flavored	Dulce De Leche (Caramel) 92081	2/3	110	140	1.5	1	0	25	75	29	0	24	18	0	3	0	10	0	4	M,E
Flavored	Eggnog 92118	2/3	110	140	0.5	0	0	10	95	30	0	25	17	0	3	0	10	0	6	M,E
N & A Flavored	Fancy French Vanilla 92154	2/3	110	130	0.5	0	0	10	95	27	0	23	15	0	4	0	10	0	6	M,E
N & A Flavored	Fudge Brownie Batter 80011	2/3	110	150	0.5	0	0	10	100	33	0	26	17	0	4	0	10	6	8	M,E
N & A Flavored	Irish Mint 92145	2/3	110	140	0.5	0	0	10	95	30	0	24	15	0	3	0	10	0	6	M,E
N & A Flavored	Milk Chocolate 92065	2/3	110	150	2	1.5	0	10	80	31	0	24	13	0	3	0	10	0	6	M
Flavored	New York Cheesecake 92147	2/3	110	130	0.5	0	0	10	95	27	0	24	16	0	4	0	15	0	6	M,E
N & A Flavored	Red Velvet Cake 92089	2/3	110	150	2.5	1.5	0	15	65	29	0	22	16	0	3	0	8	0	4	M,E
N & A Flavored	Salted Caramel Corn 80013	2/3	110	140	1.5	1	0	20	105	29	0	25	19	0	3	0	8	0	4	M,E
N & A Flavored	Salted Caramel Pretzel 80041	2/3	110	140	1.5	1	0	25	150	29	0	24	18	0	3	0	10	0	4	M,E
Flavored	Strawberry Shortcake 80021	2/3	110	140	2	1	0	20	85	27	0	23	17	0	4	0	10	0	4	M,E
Flavored	Sweet Coconut 92074	2/3	110	140	1	0.5	0	5	95	30	0	25	17	0	3	0	10	0	6	M,TN

### LF Cake Batter

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Cake Base (Water, Corn Syrup, Sugar, Natural & Artificial Flavor, Modified Food Starch, Annatto Extract (For Color), Salt, Turmeric (For Color)), Cream, Non Fat Dry Milk, Whey, Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk, Egg.

### LF Chocolate Caramel Turtle

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Dark Chocolate Base (Corn Syrup, Sugar, Water, Natural Flavor, Brown Sugar, Caramel Color, Salt, Coffee), Corn Syrup, Turtle Base (Sugar, Water, Brown Sugar, Natural and Artificial Flavors, Modified Food Starch, Salt, Citric Acid), Whey, Cream, Contains Less Than 1% Of Non Fat Dry Milk, Cocoa (Processed with Alkali), Caramel Color, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.

### LF Cookies n Cream

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Liquid Sugar (Sugar, Water), Corn Syrup, Pasteurized and Cultured Non Fat Milk, Whey, Maltodextrin, Cake Base (Wheat Flour, Powdered Sugar, Palm Oil, Cocoa (Processed With Alkali), Sugar, Caramel Color, Baking Soda, Salt, Natural Vanilla Flavor, Ammonium Bicarbonate), Marshmallow Syrup (Corn Syrup, Sugar, Water, Egg Whites, Artificial Flavors, Xanthan Gum, Lactic Acid, Salt), Contains Less Than 1% Of Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Natural and Artificial Flavors, Non Fat Dry Milk, Cocoa (Processed with Alkali), Modified Food Starch, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk, Egg, Wheat

### LF Creamy Mint Cookie

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Liquid Sugar (Sugar, Water), Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Maltodextrin, Cake Base (Wheat Flour, Powdered Sugar, Palm Oil, Cocoa (Processed With Alkali), Sugar, Caramel Color, Baking Soda, Salt, Natural Vanilla Flavor, Ammonium Bicarbonate), Marshmallow Syrup (Corn Syrup, Sugar, Water, Egg Whites, Artificial Flavors, Xanthan Gum, Lactic Acid, Salt), Contains Less Than 1% Of Caramel Color, Natural and Artificial Flavors, Non Fat Dry Milk, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Yellow #5, Red #40, Red #3, Blue #1, Cocoa (Processed with Alkali), Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk, Egg, Wheat.

### LF Dulce de Leche

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Caramel Base (Corn Syrup, Brown Sugar, Water, Sweetened Condensed Milk (Condensed Milk, Sugar), Caramel Color, Salt, Natural Flavor, Yellow #6, Yellow #5, Red #40), Corn Syrup, Whey, Cream, Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Contains Less Than 1% Of Non Fat Dry Milk, Caramel Color, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk, Egg.

### LF Eggnog

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Eggnog Base (Sugar, Water, Pasteurized Egg Yolk, Natural Flavor, Modified Food Starch, Nutmeg, Annatto Extract (For Color), Turmeric (For Color), Citric Acid, Ginger), Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk, Egg.



## LF Fancy French Vanilla

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Non Fat Dry Milk, Contains Less Than 1% Of Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin, Yellow #5, Yellow #6, Red #40. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk, Egg.

## LF Fudge Brownie Batter

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Brownie Batter Base (Water, Corn Syrup, Natural Flavors, Sugar, Egg Yolk, Sweetened Condensed Milk (Milk, Sugar) Cocoa (Processed with Alkali), Butter (Sweet Cream, Salt), Salt, Modified Food Starch, Distilled Monoglycerides), Whey, Cocoa (Processed with Alkali), Contains Less Than 1% Of Natural and Artificial Flavors, Non Fat Dry Milk, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Modified Food Starch, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk, Egg.

## LF Irish Mint

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, French Vanilla Base (Water, Sugar, Corn Syrup, Egg Yolk, Modified Food Starch, Natural Flavors, Annatto Extract (For Color), Citric Acid, Turmeric (For Color)), Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin, Blue #1. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk, Egg.

## LF Milk Chocolate

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Dark Chocolate Base (Corn Syrup, Sugar, Water, Natural Flavor, Brown Sugar, Caramel Color, Salt, Coffee), Corn Syrup, Whey, Cream, Contains Less Than 1% Of Non Fat Dry Milk, Cocoa (Processed with Alkali), Mono- & Diglycerides, Cellulose Gum, Guar Gum, Red #40, Yellow #5, Yellow #6, Blue #1, Caramel Color, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk.

## LF New York Cheesecake

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Cheesecake Base (Water, Sugar, Natural Flavor, Lactic Acid, Modified Food Starch, Citric Acid, Turmeric (For Color), Yellow #6), Whey, Non Fat Dry Milk, Contains Less Than 1% Of Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk, Egg.

## LF Red Velvet Cake

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Cake Base (Water, Sugar, Natural Flavors, Egg Yolk, Sweetened Condensed Milk (Milk, Sugar), Corn Syrup, Annatto Extract (For Color), Modified Food Starch, Salt, Distilled Monoglycerides, Turmeric (For Color)), Cream, Dark Chocolate Base (Corn Syrup, Sugar, Water, Natural Flavor, Brown Sugar, Caramel Color, Salt, Coffee), Whey, Contains Less Than 1% Of Non Fat Dry Milk, Natural & Artificial Flavors, Red #40, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Cocoa (Processed with Alkali), Yellow #5, Yellow #6, Blue #1, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk, Egg.

## LF Salted Caramel Corn

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Caramel Base (Corn Syrup, Brown Sugar, Water, Sweetened Condensed Milk (Condensed Milk, Sugar), Caramel Color, Salt, Natural Flavor, Yellow #6, Yellow #5, Red #40), Salted Caramel Popcorn Base (Water, Sugar, Brown Sugar, Natural and Artificial Flavor, Modified Food Starch, Salt, Citric Acid), Corn Syrup, Whey, Cream, Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Contains Less Than 1 % Of Non Fat Dry Milk, Caramel Color, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk, Egg.

## LF Salted Caramel Pretzel

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Caramel Base (Corn Syrup, Brown Sugar, Water, Sweetened Condensed Milk (Condensed Milk, Sugar), Caramel Color, Salt, Natural Flavor, Yellow #6, Yellow #5, Red #40), Corn Syrup, Whey, Cream, Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Salt, Caramel Color, Natural and Artificial Flavor, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk, Egg

## LF Strawberry Shortcake

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Strawberry Shortcake Base (Water, Sugar, Natural Flavor, Strawberries, Citric Acid, Modified Food Starch, Salt, Red #40), Corn Syrup, Non Fat Dry Milk, Cream, Whey, Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk, Egg.

## LF Sweet Coconut

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Coconut Base (Sugar, Coconut, Water, Natural Flavor, Modified Food Starch), Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk, Tree Nuts (Coconut).

NUTRITIONAL INFO																				
All nutritional information is based on a 2/3 cup (110g) serving. Percent Daily values are based on a 2,000 calorie diet.		Serving Size (cup)	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Sugar Alcohols (g)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)	Allergens
N&A Flavored = Naturally & Artificially Flavored																				
PREMIUM FROZEN YOGURT*																				
Flavored	Cinnamon Honey 80043	2/3	110	160	4	2.5	0	35	85	25	0	21	13	0	5	0	15	0	6	M,E
N & A Flavored	Dutch Chocolate 92064	2/3	110	150	3.5	2	0	15	80	26	0	22	14	0	5	0	15	6	8	M
N & A Flavored	French Vanilla 92063	2/3	110	150	3.5	2.5	0	30	85	24	0	21	13	0	5	0	15	0	6	M,E
N & A Flavored	Peanut Butter 92072	2/3	110	160	6	2	0	10	120	25	1	19	12	0	5	0	10	0	6	M,P
N & A Flavored	White Vanilla 92087	2/3	110	150	3.5	2.5	0	30	85	24	0	21	13	0	5	0	15	0	6	M,E

## Cinnamon Honey

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Liquid Sugar (Sugar, Water), Cream, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Non Fat Dry Milk, Whey, Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Contains Less Than 1% Of Natural Flavor, Cinnamon Honey Base (Water, Sugar, Cinnamon, Honey, Modified Food Starch), Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium. Allergen Information: Contains Milk, Egg

## Dutch Chocolate

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Cream, Corn Syrup, Non Fat Dry Milk, Cocoa (Processed with Alkali), Whey, Contains less than 1% of Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Natural and Artificial Flavors, Modified Food Starch, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.

## French Vanilla

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Liquid Sugar (Sugar, Water), Pasteurized and Cultured Non Fat Milk, Cream, Corn Syrup, Non Fat Dry Milk, Whey, Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin, Annatto Extract (For Color), Turmeric (For Color). Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium

Allergen Information: Contains Milk, Egg.

## Peanut Butter

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Liquid Sugar (Sugar, Water), Pasteurized and Cultured Non Fat Milk, Corn Syrup, Peanut Butter (Peanuts, Peanut Oil, Salt, Mono-diglycerides), Whey, Cream, Contains Less Than 1% Of Non Fat Dry Milk, Caramel Color, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk, Peanut.

## White Vanilla

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Liquid Sugar (Sugar, Water), Pasteurized and Cultured Non Fat Milk, Cream, Corn Syrup, Non Fat Dry Milk, Whey, Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Contains less than 1% of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk, Egg.

## NUTRITIONAL INFO

All nutritional information is based on a 2/3 cup (110g) serving. Percent Daily values are based on a 2,000 calorie diet.

N&A Flavored = Naturally & Artificially Flavored

		Serving Size (cup)	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Sugar Alcohols (g)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)	Allergens
<b>NO-SUGAR-ADDED FROZEN YOGURT*</b> (Not a low calorie food)																				
Flavored	Blueberry 92393	2/3	110	100	0	0	0	5	95	23	0	9	0	5	4	0	15	0	6	M
Flavored	Cheesecake 92403	2/3	110	110	0	0	0	5	100	24	0	10	0	6	4	0	15	0	6	M
Flavored	Chocolate 92390	2/3	110	120	0.5	0	0	5	110	26	0	11	0	6	5	0	15	6	10	M
Flavored	Coffee 92398	2/3	110	110	0	0	0	5	100	24	0	10	0	6	5	0	15	0	6	M
Flavored	Praline 92399	2/3	110	110	0	0	0	5	100	25	0	10	0	6	5	0	15	0	6	M
Flavored	Raspberry 92394	2/3	110	110	0	0	0	5	95	23	0	10	0	5	4	0	15	0	6	M
Flavored	Strawberry 92392	2/3	110	100	0	0	0	5	95	23	0	9	0	5	4	0	15	0	6	M
Flavored	Strawberry Banana 92396	2/3	110	110	0	0	0	5	95	24	0	10	0	6	4	0	15	0	6	M
Flavored	Vanilla 92391	2/3	110	110	0	0	0	5	100	24	0	10	0	6	5	0	15	0	6	M
Flavored	Yellow Cake Batter 80022	2/3	110	110	0	0	0	5	100	24	0	10	0	6	4	0	15	0	6	M

### NSA NF Blueberry

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Maltodextrin, Sorbitol, Whey, Blueberry Base (Water, Blueberries, Natural Flavor, Modified Food Starch, Citric Acid, Fruit and Vegetable Juice (For Color), Spirulina Extract (For Color)), Non Fat Dry Milk, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Cellulose Gel, Modified Food Starch, Carrageenan, Pectin, Fruit Juice and Vegetable Juice (For Color), Sucralose, Acesulfame Potassium. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.

### NSA NF Cheesecake

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Maltodextrin, Pasteurized and Cultured Non Fat Milk, Sorbitol, Whey, Cheesecake Base (Water, Natural Flavor, Modified Food Starch, Lactic Acid, Citric Acid, Annatto Extract (For Color), Turmeric (For Color)), Non Fat Dry Milk, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Cellulose Gel, Modified Food Starch, Carrageenan, Pectin, Sucralose, Acesulfame Potassium. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.

### NSA LF Chocolate

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Maltodextrin, Pasteurized and Cultured Non Fat Milk, Sorbitol, Whey, Non Fat Dry Milk, Contains Less Than 1% Of Cocoa (Processed with Alkali), Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural Flavor, Cellulose Gum, Cellulose Gel, Modified Food Starch, Carrageenan, Pectin, Sucralose, Acesulfame Potassium. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.

### NSA NF Coffee

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Maltodextrin, Pasteurized and Cultured Non Fat Milk, Sorbitol, Whey, Non Fat Dry Milk, Coffee Base (Water, Caramel Color, Colombian Spray Dried Coffee, Natural Flavor, Modified Food Starch), Contains Less Than 1% Of Caramel Color, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Cellulose Gel, Natural Flavor, Modified Food Starch, Carrageenan, Pectin, Sucralose, Acesulfame Potassium. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.

### NSA NF Praline

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Maltodextrin, Pasteurized and Cultured Non Fat Milk, Sorbitol, Whey, Non Fat Dry Milk, Contains Less Than 1% Of Natural Flavor, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Cellulose Gel, Caramel Color, Modified Food Starch, Carrageenan, Pectin, Sucralose, Acesulfame Potassium. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.

### NSA NF Raspberry

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Maltodextrin, Sorbitol, Whey, Raspberry Base (Water, Natural Flavor, Raspberries, Citric Acid, Modified Food Starch), Non Fat Dry Milk, Contains Less Than 1% Of Vegetable Juice (For Color), Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin, Cellulose Gel, Caramel Color, Sucralose, Acesulfame Potassium. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.

## **NSA NF Strawberry**

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Maltodextrin, Sorbitol, Whey, Strawberry Base (Water, Natural Flavor, Modified Food Starch, Strawberries, Citric Acid), Non Fat Dry Milk, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin, Vegetable Juice (For Color), Cellulose Gel, Sucralose, Turmeric (For Color), Acesulfame Potassium, Cultures Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.

## **NSA NF Strawberry-Banana**

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Maltodextrin, Pasteurized and Cultured Non Fat Milk, Sorbitol, Strawberry Banana Base (Water, Strawberries, Bananas, Natural Flavor, Modified Food Starch, Citric Acid), Whey, Non Fat Dry Milk, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Cellulose Gel, Modified Food Starch, Carrageenan, Pectin, Vegetable Juice (For Color), Natural Flavor, Sucralose, Turmeric (For Color), Acesulfame Potassium. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.

## **NSA NF Vanilla**

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Maltodextrin, Pasteurized and Cultured Non Fat Milk, Sorbitol, Whey, Non Fat Dry Milk, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Cellulose Gel, Modified Food Starch, Carrageenan, Pectin, Natural Flavor, Sucralose, Acesulfame Potassium. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.

## **NSA NF Yellow Cake Batter**

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Maltodextrin, Pasteurized and Cultured Non Fat Milk, Sorbitol, Whey, Cake Base (Water, Natural Flavor, Modified Food Starch, Salt), Non Fat Dry Milk, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Cellulose Gel, Modified Food Starch, Carrageenan, Pectin, Annatto Extract (For Color), Sucralose, Acesulfame Potassium. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk

## NUTRITIONAL INFO

All nutritional information is based on a 2/3 cup (110g) serving. Percent Daily values are based on a 2,000 calorie diet.

N&A Flavored = Naturally & Artificially Flavored

		Serving Size (cup)	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Sugar Alcohols (g)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)	Allergens
<b>GELATO SOFT SERVE</b> (No live and active culture)																				
Flavored	Banana Flambe 80034	2/3	110	180	7	5	0	30	55	26	0	21	15	0	3	0	10	0	4	M
N & A Flavored	Chocolate 80032	2/3	110	190	8	5	0	30	40	27	0	20	16	0	3	0	8	10	6	M
N & A Flavored	Hazelnut 80030	2/3	110	180	7	5	0	30	55	26	0	21	15	0	3	0	10	0	4	M
N & A Flavored	Pistachio 80031	2/3	110	180	7	5	0	30	55	26	0	21	15	0	3	0	10	0	4	M
Flavored	SToK® Cold Brew 80042	2/3	110	160	4.5	3	0	20	75	25	0	20	14	0	3	0	10	0	6	M
Flavored	Tiramisu 80044	2/3	110	180	7	5	0	30	55	27	0	21	15	0	3	0	10	0	4	M
N & A Flavored	Vanilla Bean 80038	2/3	110	180	7	5	0	30	55	26	0	21	15	0	3	0	10	0	4	M

### Banana Flambé

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Cream, Corn Syrup, Whey, Non Fat Dry Milk, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural Flavor, Cellulose Gel, Caramel Color, Turmeric (For Color).

Allergen Information: Contains Milk.

### Chocolate

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Cream, Corn Syrup, Cocoa (Processed with Alkali), Whey, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Cellulose Gel, Natural and Artificial Flavors.

Allergen Information: Contains Milk.

### Hazelnut

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Cream, Corn Syrup, Whey, Non Fat Dry Milk, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Caramel Color, Cellulose Gel.

Allergen Information: Contains Milk.

### Pistachio

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Cream, Corn Syrup, Whey, Non Fat Dry Milk, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Cellulose Gel.

Allergen Information: Contains Milk.

### SToK® Cold Brew Coffee

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Liquid Sugar (Sugar, Water), Cream, Corn Syrup, Cold Brew Coffee Extract, Whey, Non Fat Dry Milk, Contains Less Than 1% Of Natural Flavor, Xanthan Gum, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Carrageenan.

Allergen Information: Contains Milk.

### Tiramisu

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Cream, Corn Syrup, Whey, Non Fat Dry Milk, Natural Flavor, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Cellulose Gel, Caramel Color.

Allergen Information: Contains Milk.

### Vanilla Bean

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Cream, Corn Syrup, Whey, Non Fat Dry Milk, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Cellulose Gel, Vanilla Bean Seeds.

Allergen Information: Contains Milk.

## NUTRITIONAL INFO

All nutritional information is based on a 2/3 cup (110g) serving. Percent Daily values are based on a 2,000 calorie diet.

N&A Flavored = Naturally & Artificially Flavored

		Serving Size (cup)	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Sugar Alcohols (g)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)	Allergens
<b>DAIRY-FREE SORBET</b> (No live and active culture)																				
Flavored	Berry Acai 80040	2/3	110	110	0	0	0	0	0	29	0	21	21	0	0	0	0	0	0	—
Flavored	Chocolate Fudge 80018	2/3	110	140	1	0.5	0	0	0	34	0	19	19	0	1	0	0	10	4	—
Flavored	Green Apple 80008	2/3	110	110	0	0	0	0	0	29	0	21	18	0	0	0	0	0	0	—
Flavored	Key Lime 92377	2/3	110	120	0	0	0	0	0	31	0	22	17	0	0	0	0	0	0	—
Flavored	Kiwi Strawberry 92374	2/3	110	110	0	0	0	0	0	29	0	21	20	0	0	0	0	0	0	—
Flavored	Mango Sunrise 92371	2/3	110	110	0	0	0	0	0	28	0	20	19	0	0	0	0	0	0	—
Flavored	Orange Splash 80028	2/3	110	110	0	0	0	0	0	28	0	20	19	0	0	0	0	0	0	—
Flavored	Pink Lemonade 80000	2/3	110	110	0	0	0	0	0	28	0	19	19	0	0	0	0	0	0	—
Flavored	POG (Passion Orange Guava) 80005	2/3	110	110	0	0	0	0	0	29	0	21	18	0	0	0	0	0	0	—
Flavored	Pomegranate Raspberry 92430	2/3	110	130	0	0	0	0	10	32	0	24	24	0	0	0	0	0	0	—
Flavored	Raspberry Lime Mojito 80039	2/3	110	110	0	0	0	0	0	29	0	21	21	0	0	0	0	0	0	—
Flavored	Strawberry Lemonade 92378	2/3	110	110	0	0	0	0	0	28	0	20	20	0	0	0	0	0	0	—
Flavored	Very Berry 92368	2/3	110	110	0	0	0	0	5	29	0	21	20	0	0	0	0	0	0	—
Flavored	Watermelon 92379	2/3	110	110	0	0	0	0	0	29	0	21	21	0	0	0	0	0	0	—

### NF Berry Acai

INGREDIENTS: Water, Sugar, Corn Syrup, Berry Acai Base (Water, Sugar, Natural Flavor, Acai, Blueberries, Blackberries, Corn Starch, Citric Acid, Fruit Juice (For Color)), Contains Less Than 1% Of Pectin, Fruit Juice and Vegetable Juice (For Color), Citric Acid.

### LF Chocolate Fudge

INGREDIENTS: Water, Sugar, Corn Syrup, Cocoa (Processed with Alkali), Maltodextrin, Contains Less Than 1% Of Pectin, Natural Flavor.

### NF Green Apple

INGREDIENTS: Water, Sugar, Corn Syrup, Apple Juice Base [Apple Juice Concentrate, Pear Juice Concentrate, Apple Puree, Water, Natural Flavor, Malic Acid, Fruit Juice and Turmeric (For Color)], Contains Less Than 1% Of Malic Acid, Pectin, Turmeric (For Color).

### NF Key Lime

INGREDIENTS: Water, Sugar, Corn Syrup, Key Lime Base (Pear Syrup, Pear Puree, Key Lime Juice Concentrate, Pear Juice Concentrate, Clarified Lime Juice Concentrate, Water, Lime Juice Concentrate, Natural Flavor, Fruit Juice (For Color)), Contains Less Than 1% Of Natural Flavor, Pectin, Citric Acid, Turmeric (For Color).

### NF Kiwi Strawberry

INGREDIENTS: Water, Sugar, Corn Syrup, Strawberry Base (Strawberries, Sugar, Natural Flavors, Citric Acid), Contains Less Than 1% Of Natural Flavors, Pectin, Citric Acid, Fruit Juice and Vegetable Juice (For Color).

### NF Mango Sunrise

INGREDIENTS: Water, Sugar, Corn Syrup, Mango Base (Water, Pear and Mango Juice Concentrates, Mango Puree, Orange Juice Concentrates, Natural Flavors, Citric Acid, Xanthan Gum, Annatto Extract (For Color)), Contains Less Than 1% Of Citric Acid, Pectin, Natural Flavor, Turmeric (For Color), Fruit Juice and Vegetable Juice (for color).

### NF Orange Splash

INGREDIENTS: Water, Sugar, Corn Syrup, Orange Base (Water, Lemon Juice Concentrate, Sugar, Orange Juice Concentrate, Natural Flavor, Citric Acid, Corn Starch, Annatto Extract (For Color)), Contains Less Than 1% Of Annatto Extract (For Color), Pectin.

### NF Pink Lemonade

INGREDIENTS: Water, Sugar, Corn Syrup, Lemonade Base (Lemon Juice Concentrate, Water, Citric Acid, Natural Flavors), Contains Less Than 1% Of Pectin, Natural Flavor, Fruit Juice and Vegetable Juice (For Color).

### NF POG (Passion Orange Guava)

INGREDIENTS: Water, Sugar, Corn Syrup, POG Base (Apple, Pear, Orange and Passion Fruit Juice Concentrates, Guava Puree, Natural Flavors, Water, Citric Acid), Contains Less Than 1% Of Citric Acid, Pectin, Natural Flavor, Fruit Juice and Vegetable Juice (For Color), Turmeric (For Color).

### NF Pomegranate Raspberry

INGREDIENTS: Water, Sugar, Corn Syrup, Pomegranate Raspberry Base (Water, Sugar, Plum Juice Concentrate, Natural Flavor, Citric Acid, Pomegranate Juice Concentrate, Raspberries, Fruit Juice (For Color), Apple Juice Concentrate, Pineapple Juice Concentrate), Contains Less Than 1% Of Fruit Juice and Vegetable Juice (For Color), Pectin.

### NF Raspberry Lime Mojito

INGREDIENTS: Water, Sugar, Corn Syrup, Raspberry Base (Water, Sugar, Citric Acid, Natural Flavor, Elderberry Juice Concentrate, Raspberries, Corn Starch), Contains Less Than 1% Of Natural Flavor, Pectin.

### NF Strawberry Lemonade

INGREDIENTS: Water, Sugar, Corn Syrup, Strawberry Lemonade Base (Water, Sugar, Lemon Juice Concentrate, Strawberries, Natural Flavor, Citric Acid, Corn Starch, Fruit Juice (For Color), Contains Less Than 1% Of Pectin.



## NF Very Berry

INGREDIENTS: Water, Berry Blend (Water, Sugar, Blackberries, Seedless Strawberry Puree, Blueberries, Corn Starch, Boysenberries, Raspberries, Marionberry Puree, Natural Flavors, Citric Acid, Fruit Juice (For Color)), Sugar, Corn Syrup, Contains Less Than 1% Of Pectin, Citric Acid, Natural Flavor.

## NF Watermelon

INGREDIENTS: Water, Sugar, Corn Syrup, Watermelon Flavored Base (Water, Sugar, Pear Juice Concentrate, Natural Flavor, Citric Acid, Apple Juice Concentrate, Xanthan Gum), Contains Less Than 1% Of Natural Flavor, Fruit Juice and Vegetable Juice (For Color), Pectin, Citric Acid, Turmeric (For Color).

NUTRITIONAL INFO		Serving Size (cup)	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Sugar Alcohols (g)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)	Allergens	
All nutritional information is based on a 2/3 cup (110g) serving. Percent Daily values are based on a 2,000 calorie diet.																					
N&A Flavored = Naturally & Artificially Flavored																					

PLANT BASED (No live and active culture)																				
Flavored	Silk® Almondmilk Chocolate 80047	2/3	110	160	3	0	0	0	70	34	1	18	17	0	2	0	2	6	2	TN
Flavored	Silk® Almondmilk Vanilla 80046	2/3	110	150	3	0	0	0	40	31	1	15	14	0	1	0	2	0	0	TN

## Silk® Almondmilk Chocolate

INGREDIENTS: Almondmilk (Water, Almonds), Chocolate Flavor Base (Cane Sugar, Water, Cocoa (Processed With Alkali)), Corn Syrup, Maltodextrin, Cane Sugar, Dextrose, Chicory Root Fiber, Contains Less Than 1% Of Locust Bean Gum, Guar Gum, Salt, Natural Flavor.

Allergen Information: Tree Nuts (Almonds)

## Silk® Almondmilk Vanilla

INGREDIENTS: Almondmilk (Water, Almonds), Corn Syrup, Maltodextrin, Cane Sugar, Dextrose, Chicory Root Fiber, Contains Less Than 1% Of Locust Bean Gum, Guar Gum, Salt, Natural Flavor.

Allergen Information: Tree Nuts (Almonds)

NUTRITIONAL INFO		Serving Size (cup)	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Sugar Alcohols (g)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)	Allergens	
All nutritional information is based on a 2/3 cup (110g) serving. Percent Daily values are based on a 2,000 calorie diet.																					
N&A Flavored = Naturally & Artificially Flavored																					

LITE ICE CREAM (No live and active culture)																				
N & A Flavored	Lite Chocolate Ice Cream 80048	2/3	110	160	5	3.5	0	20	75	25	0	20	14	0	4	0	10	6	8	M
N & A Flavored	Lite Vanilla Ice Cream 80049	2/3	110	160	5	3	0	20	75	25	0	21	14	0	3	0	10	0	4	M

## Lite Chocolate

INGREDIENTS: Non Fat Milk, Sweet Cream Buttermilk, Liquid Sugar (Sugar, Water), Cream, Corn Syrup, Cocoa (Processed with Alkali), Whey, Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Carrageenan, Natural and Artificial Flavors.

Allergen Information: Milk

## Lite Vanilla

INGREDIENTS: Non Fat Milk, Sweet Cream Buttermilk, Liquid Sugar (Sugar, Water), Cream, Corn Syrup, Whey, Non Fat Dry Milk, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Carrageenan, Natural and Artificial Flavors.

Allergen Information: Milk

NUTRITIONAL INFO		Serving Size (cup)	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Sugar Alcohols (g)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)	Allergens	
All nutritional information is based on a 2/3 cup (110g) serving. Percent Daily values are based on a 2,000 calorie diet.																					
N&A Flavored = Naturally & Artificially Flavored																					

FROZEN CUSTARD (No live and active culture)																				
N & A Flavored	Vanilla Custard 91010	2/3	110	230	13	8	0	80	60	24	0	21	14	0	5	0	15	0	4	M,E

## Vanilla Custard

INGREDIENTS: Pasteurized Non Fat Milk, Cream, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Non Fat Dry Milk, Corn Syrup, Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Contains Less Than 1% Of Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, French Vanilla Base (Water, Sugar, Corn Syrup, Egg Yolk, Modified Food Starch, Natural Flavors, Annatto Extract (For Color), Citric Acid, Turmeric (For Color)), Natural and Artificial Flavors, Annatto Extract (For Color).

Allergen Information: Contains Milk, Egg.



